

A Little Heel And Toe

COPPER KNOB
STEPPERS

拍數: 104 牆數: 2 級數: Intermediate/Advanced
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音樂: Cowboy Boogie - Randy Travis



ROCK STEP, TOE, FLAT, TOE, FLAT, ROCK STEP

1-2 Step right back, left step
3-4 Right toe, flat
5-6 Left toe, flat
7-8 Step right back, left step

On the toe, flat steps do it with a little twisting action

TOE, FLAT, TOE, FLAT, TWIST, TWIST, STEP, HOLD

1-2 Right toe, flat
3-4 Left toe, flat
5-6 On the balls of feet twist your heels right, then twist heels left
7-8 Right step in place, hold

TOE, DIG, HEEL, HEEL, FLAT, STEP, STEP, HOLD

1-2 Left toe pointing inward, dig left while turning left on the ball of your right foot
3 Right heel down
4-5 Left heel, flat
6-7-8 Right step, left step, hold

TOE, DIG, HEEL, HEEL, FLAT, STEP, STEP, HOLD

1-2 Right toe pointing inward, dig right while turning right on the ball of your left foot
3 Left heel down
4-5 Right heel, flat
6-7-8 Left step, right step, hold

TOE, HEEL CLICK, TOE, HEEL CLICK, BRUSH, HEEL CLICK, STEP, HOLD

1-2 Left toe forward, right heel
3-4 Left toe back, right heel
5-6 Left brush, right heel
7-8 Left step, hold

Heel click (go up onto the ball of your foot, and back down giving weight to that same foot)

TOE, HEEL CLICK, TOE, HEEL CLICK, BRUSH, HEEL CLICK, STEP, HOLD

1-2 Right toe forward, left heel
3-4 Right toe back, left heel
5-6 Right brush, left heel
7-8 Right step, hold

TWO SAILOR SHUFFLE WITH A HOLD

&1-2-3 Left brush back, left behind right, right step to the side, left step
4 Hold
&5-6-7 Right brush back, right behind left, left step to the side, right step
8 Hold

SAILOR SHUFFLE WITH A HOLD, STEP, STEP, ¼ TURN TOUCH, HOLD

&1-2-3 Left brush back, left behind right, right step to the side, left step
4 Hold

5-6-7 Right step in place, ¼ turn left step, right touch
8 Hold

RIGHT GRAPEVINE, BRUSH, BRUSH, TOE, TOE, HOLD

1-2-3 Right step to the side, left behind, right step to the side
4-5 Left brush forward, left brush back
6-7 Left toe taps behind right twice
8 Hold

LEFT GRAPEVINE WITH ¼ TURN, BRUSH, BRUSH, TOE, TOE, HOLD

1-2 Left step to the side, right behind
3 Left step with left ¼ turn
4-5 Right brush forward, right brush back
6-7 Right toe taps behind left twice
8 Hold

FOUR HEEL STRUTS FORWARD

1-2 Right heel strut
3-4 Left heel strut
5-6 Right heel strut
7-8 Left heel strut

ROCK CROSS STEP, STEP, STEP, ROCK STEP, STEP, HOLD

1-2 Right cross left, left step
3-4 Right step, left step
5-6 Right cross left, left step
7-8 Right step, hold

ROCK STEP, STEP, STEP, ROCK STEP, STEP, HOLD

1-2 Left cross right, right step
3-4 Left step, right step
5-6 Left cross right, right step
7-8 Left step, hold

REPEAT

TAG

Do tag on the third and fourth walls. On the fourth wall do tag twice

FOUR STEP SLAPS BACK

1-2 Step right back, left hand slap left thigh
3-4 Step left back, right hand slap right thigh
5-6 Step right back, left hand slap left thigh
7-8 Step left back, right hand slap right thigh
